

St Mark's Forest Gate



May 2021

50p

www.stmarksforestgate.org.uk

Who's who in the Church

Vicar: Rev'd Ben King

020 8091 5652 or 07437 522650

ben.king@stmarksforestgate.org.uk

Authorised Lay Preacher

Sharon Yates

Church Wardens

Mike Richardson 07824 859075

Sharon Yates 07909 279100

churchwardens@stmarksforestgate.org.uk

Treasurer

Peter Arnold

Music Group

Rev'd Ben King

P.C.C. Members

Chairman

Rev'd Ben King

Vice Chairman

Ann Arnold

Treasurer

Peter Arnold

Secretary

Jane Ridout

Sharon Yates (Warden) Mike Richardson (Warden)

Michael Semuguruka

Janet Bone (Deanery Synod Representative DSR)

Barbara Lumsden

Charlotte Mouzer

Ellen Kemp (DSR)

Jackie Randall

Yvonne Tiley

Dave Dale

The P.C.C. represents the members of the church;
if there are any issues you want raised, do talk to them.

Contact information

Website

www.stmarksforestgate.org.uk

Admin

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Youth Work

youth@stmarksforestgate.org.uk

Magazine

magazine@stmarksforestgate.org.uk

Notices

notices@stmarksforestgate.org.uk



Facebook: St. Mark's Forest Gate



Twitter: @stmarks_e7

Magazine

Material for the magazine to be emailed to ap.arnold@btinternet.com
or put through the door of 32 Cranmer Road. Material for **June 2021**
needs to be given in by **Sunday 9th May**.



One of the challenges of the past year has been finding ourselves in uncharted territory. None of us chose to be in this global pandemic; we ended up here involuntarily. And it's a pretty alien place. Things we took for granted have disappeared, life's rhythms have altered dramatically, and for many of us, our lives have changed irrevocably.

It's no wonder then, that we've craved the familiar - simple pleasures like going out for a meal, a trip to the theatre, or meeting up with friends and family to celebrate a birthday. Quite understandably, we're looking forward to doing the things we used to do, reclaiming the patterns and routines we once took for granted but now so long to revive.

But should we really be quite so eager to re-establish old ways?

On Sunday 23rd May, the church celebrates Pentecost, the coming of God's Holy Spirit, poured out on those first Christian believers in Jerusalem. You can read all about the dramatic account of the Spirit's coming in chapter two of the book of Acts.

There was certainly nothing familiar about the way the Spirit came or indeed what those first believers experienced and witnessed. The book of Acts reveals how God continued to transform lives by the power of His love but in a fresh and dynamic way through His Spirit.

My point is that instead of simply reverting to the past, we have a wonderful opportunity now of ushering in the new by welcoming the Spirit to come and have His way among us. What might the Spirit be teaching us about the past 12 months to help shape our lives and faith as we journey forward? And what about the good things He has in store for us about which He invites us to seek Him now?

So yes, let's enjoy the things that we use to do when the restrictions lift, but instead of simply trying to resurrect the old, let's also be open to the new, to the life of the Spirit and to all the things He wants to do in and through us. He only has good things in store for us, so we have nothing to lose or fear and everything to gain.

With that in mind, may I encourage you this month to pray for the Spirit to fall anew and to come in power so that in turn, He might breathe fresh life into our world, into His church and into our hearts as He continues to make all things new.



Opportunities, Resources and Information



Retirement of the Bishop of Barking

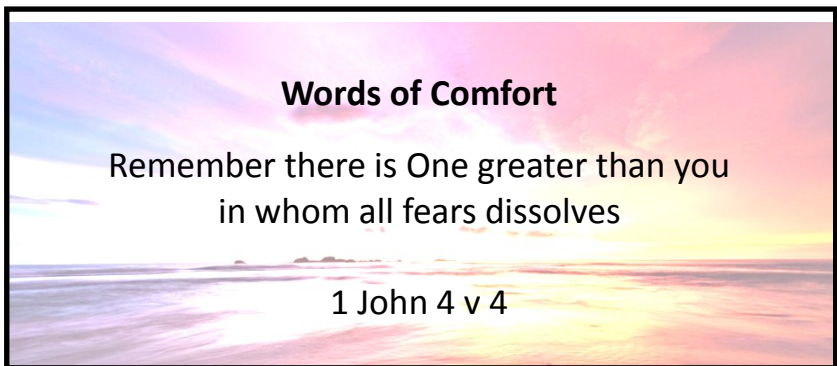
The Rt Revd Peter Hill has announced his retirement as Bishop of Barking and will be leaving on 4th August, although due to outstanding leave he will finish his service at the end of May.

Death of Peter Shiels

The family of Peter Shiels have let us know of his death at the end of March. Although he has not worshipped with us recently, he was a long term member of St Mark's and we are very sorry to hear of his passing. Our prayers are with his family and friends.

Sharon Yates

Sharon has received her certificate of authorisation as an Authorised Lay Preacher. The Bishop recognises that some people have a gift of preaching, and with the support of the incumbent and the congregation people can be appointed as a Lay Preacher, a role that Sharon will be undertaking for St Mark's.



PCC Meeting March 1st 2021

St Mark's PCC met on Monday 1st March and this is a precis of the issues discussed. Once the minutes have been approved at the meeting on 26th April, they will be published on our church website. The January minutes are now available to read there.

The Vicar's Report: Ben King spoke about the bequest from Helen Rigby's will, the Parish vision for the church's future once we are able to function more normally, arrangements for Lent, Holy Week and Easter, and the training of Sharon Yates as an Assistant Lay Preacher.

The Race Steering Committee: Michael Semuguruka reported to the meeting that it had been felt by all who participated in discussions, that more people engaging with services through participation or considering taking up a position on PCC would be welcomed by everyone.

Youth and Children's Work: Sharon Yates reported that the pancake flip on Shrove Tuesday had gone very well and outlined plans for Messy Church packs to be given out to families in time for the online event on Palm Sunday.

Treasurer's Report: Peter Arnold gave the meeting the January income and expenditure figures. Deposit accounts and dividends were also discussed.

Churchwardens' Report: Mike Richardson reported that he and Sharon Yates have reviewed the fabric of the church building. Portable appliances have all been inspected and passed. Newham Council have inspected the building with a view to using it as a polling station.

There were no **Safeguarding** issues to report.

Janet Bone and Ellen Kemp reported back from **Deanery Synod** that there had been more discussions on ministry in the Chelmsford diocese.

Jane Ridout (PCC Secretary)

The Sermon

Sunday **11th April**
Speaker **Sharon Yates**
Theme **John 20 vv 19 - 31 Doubting Thomas**

There are very few mentions of Thomas in the gospels before this event, although earlier in John 11:16, when Lazarus has recently died, and the apostles do not wish to go back to Judea, Thomas says: "Let us also go, that we may die with him." And later in John 14 he is brave enough to say that he did not understand. However, all the terrible things that had happened over Holy Week had taken a toll on Thomas, he wasn't there with his fellow disciples and he doubted. He was brave in Jesus' presence and it brought out the best of him, but struggled when Jesus was not there.



There are lessons we can learn from Thomas:

- Do not be ashamed of your questions, it enables us to learn, to deal with our doubts; bring them to the feet of the Lord, ask them of the right people searching out the someone who is solid in their faith.
- The community of believers matters; if Thomas had been with the others when Jesus came, his doubts would have been immediately answered. It is not Jesus' intention that we should follow him isolation; we need connection that allows us to be encouraged by each other, to be mindful of others and to communicate with each other. It has been difficult during the pandemic to maintain that community of believers.

A week later Jesus specifically seeks out Thomas and invites him to stop doubting and believe, he was gentle with him. Jesus comments that "Blessed are those who have not seen but believe." He recognises the faith it takes to believe, the faith it takes is a special blessing. So stop doubting and believe, marvel at the love of God in sending His Son to die for us, so we should live the Easter Life everyday.

Please note: if you would like to hear the whole sermon for yourself it is available on St Mark's YouTube.

The celebration of Pentecost this month could be described as a birthday party for the Church, as we remember the gift of the Holy Spirit to the first disciples (Acts 2 vv 1-13). What are we celebrating?

God's Promise:

The disciples obeyed Jesus' instructions as they gathered in the Upper Room: 'Do not leave Jerusalem, but wait for the gift my Father promised' (1 v 4). They met expectantly in prayer for God's promised gift. Just as we look forward to birthday presents, how eager are we to receive more of the Spirit in our lives?

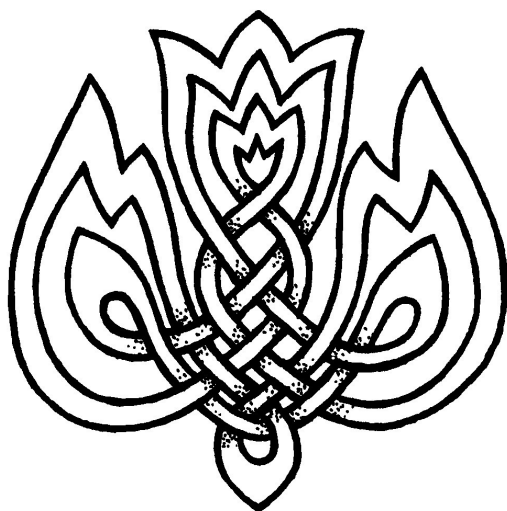
God's Power:

'All of them were filled with the Holy Spirit' (4). The disciples needed the power of the Spirit to be different: not fearfully gathered behind locked doors, but energised to make Christ known. The Spirit can transform our lives into the likeness of Jesus and give gifts to equip our witness. Although the disciples' experience of this power was overwhelming, it was essentially an encounter with God's love. For us, this can be equally emotional or quiet, but all are included, and nobody is excluded from this experience.

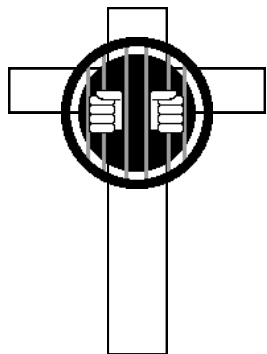
God's Purpose:

The disciples 'began to speak in other tongues as the Spirit enabled them.' (4). The Spirit empowered their witness, so that everyone heard them speaking in their own 'native language' (lit: dialect, v 8). We all have a story to tell of God's activity in our lives and it's the Spirit who translates our words and actions into a language that those around can understand! At Pentecost, 3,000 people were added to the church in one day! What do we expect of the Spirit in our day?

'Let the Church return to Pentecost, and Pentecost will return to her. The Spirit of God cannot take possession of believers beyond their capacity of receiving Him' (Andrew Murray).



The Persecuted Church



**God is our refuge and
strength very present help
in trouble.
Psalm 46 v 1**

Eritrea

It is good to learn that 171 Christians have been set free from prison in the last few months. They had all be detained without ever being charged or brought to trial, and some of them had been in prison for many years.

Among them were Twen Theodorus and Mussie Eyob who we have been writing to for many years. Twen was a new believer when she was arrested in 2004, and could have been released if she had renounced her faith, but she refused. She was sent to various prisons, including shipping containers and suffered beatings and torture. She met gospel singer Helen Berhane and despite her own suffering stood up for Helen and took beating intended for her. Twen is

described as a precious lovely Christian who is determined to stay faithful to Jesus, she has chosen to stay in Eritrea, as had Mussie Eyob.

While these releases were happening, Eritrea joined forces with Ethiopia against Northern Ethiopia's Tigray region last November, where the Tigrayans and other ethnic groups that had been calling for greater autonomy. The conflict has cost many thousands of lives, and several UN refugee camps were attacked, including the camp in Shimelba, where Release has supported Eritrean Christian refugees for many years. The United Nations is warning of a humanitarian crisis and there are fears the conflict could escalate into a regional war.

The crisis has shifted some of Release's support to Addis Ababa where many of the refugees had fled. Release's partner Dr Berhane, says 'We provide food and pay for healthcare, wherever Christians are we try to help them.'



Twen Theodorus

- Please remember those who are suffering because of the conflict and pray that stability will be restored.
- Please pray for the refugees who fled to Ethiopia rather than give up their faith, and now have had to flee again.
- Please pray for those prisoners who have been released. Many have been behind bars for years, some were just children when they were arrested. Pray that they will have full healing from the trauma they suffered and be able to settle into their communities.

Source: Release International

Pakistan

Give thanks for a prisoner freed in Pakistan. Imran Ghafoor Masih has spent 11 years in solitary confinement over a false accusation of desecrating the Koran, and was finally freed in December. He was sentenced to life imprisonment in January 2010 and was kept in solitary confinement due to threats on his life. We thank God for preserving Imran's life.



Source: Release International

CSW 24 hours of global prayer 14th May 2021 noon to 15th May noon

The 14th May is the 18th birthday of Leah Sharibu, the abducted Nigerian schoolgirl who in 2018 refused to renounce her faith in exchange for her freedom. She is still being held by her terrorist captors. Leah's faith inspires us to trust in God and persevere as she does. The focus of the event is to continue praying for Leah and those who are suffering for their faith throughout the world. Find out how you can take part at [csw.org.uk/global prayer](https://csw.org.uk/global-prayer).

The Day of the Christian Martyr Tuesday June 29th 2021

We are invited to join other churches in remembering modern day Christian Martyrs, see releaseinternational.org/martyrs

Ascension 13th May

40 days after Easter comes Ascension Day. These are the 40 days during which the Risen Christ appeared again and again to His disciples, following His death and resurrection. (*Matthew 28; Mark 16; Luke 24; and John 20.*)

The Gospels give us little of Christ’s teachings and deeds during those 40 days. Jesus was seen by numerous of His disciples: on the road to Emmaus, by the Sea of Galilee, in houses, etc. He strengthened and encouraged His disciples, and at last opened their eyes to all that the Scriptures had promised about the Messiah. Jesus also told them that as the Father had sent Him, He was now going to send them - to all corners of the earth, as His witnesses.

Surely the most tender, moving ‘farewell’ in history took place on Ascension Day. Luke records the story with great poignancy: ‘When Jesus had led them out to the vicinity of Bethany, He lifted up His hands - and blessed them.’

Easter Activities

Thanks to everyone who helped with the church activities over Easter. It was a joy to celebrate the most important Christian festival together and to share with our neighbours



Sharing daffodils with our neighbours



Easter Tree



The Easter Garden in church on Easter Sunday



Famine may be on the way

That is the stark warning of the Disasters Emergency Committee coalition of UK aid agencies, who say that the economic devastation caused by the pandemic is leading to increasing hunger in poorer countries.

Thousands are likely to die this year as the knock-on effect of Covid-19 worldwide has left millions less able to afford food. South Sudan and Yemen are already on the brink of famine, and Afghanistan and Democratic Republic of the Congo are also in deep trouble.

Just at a time when Covid-19 and wars have crippled the economic and health systems of many countries, humanitarian funding has dropped as donor countries also struggle.

Saleh Saeed, the committee's chief executive, explained: "People living in places made perilous by conflict, violence and climate disasters are coping as best they can, but the odds are stacked against them. The knock-on effects of the pandemic have crippled economies, making the world's poorest people even poorer."



Church of England responds to child sexual abuse report



The Church of England has recently published a detailed response to the recommendations of the IICSA (Independent Inquiry Child Sexual Abuse) report from October 2020.

The response includes an admission that “the Church of England failed to protect some children and young people from sexual predators within their midst.”

It goes on: “While the Church will continue to apologise, the main focus is now recognising the distress caused, and acting to improve its safeguarding structures.”

The Church has accepted in full the recommendations made by the Inquiry. “Our response document focuses on response to victims and survivors including redress, structure and independence, information sharing, revision of the Clergy Discipline Measure and external audits.”

The Church has set up an IICSA safeguarding programme, for which the Archbishops’ Council will be responsible.



THE CHURCH OF ENGLAND

Turn your loss into gain

New things I declare, before they spring forth I tell you of them

Isaiah 42 v 9

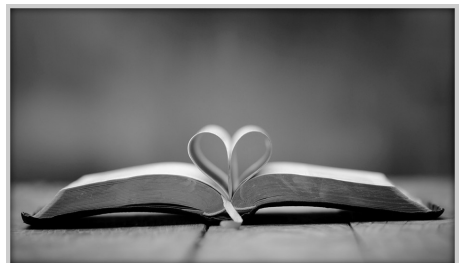
The same people who declared Jephthah 'persona non grata' were the same ones who turned to him for help when they were threatened by a powerful enemy.

So here's lesson one: *other people don't determine your future, God does!* The Israelites were living in slavery when God made them this promise: "For I know the plans I have for you," says the Lord. "They are plans for good and not for evil, to give you a future and a hope" (Jeremiah 29 v 11). God's plan for you will prevail over every other plan.

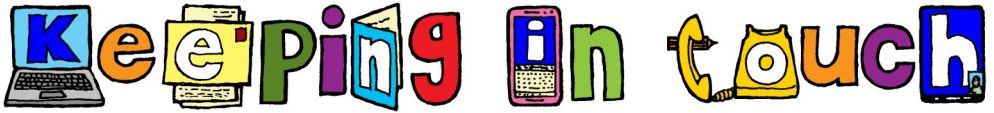
Here's lesson two: *a unity walk requires unity talk.* Jephthah immediately embraced the new relationship. 'Then Jephthah sent messengers to the Ammonite king with the question: "What do you have against me that you have attacked my country?"' (Judges 11 v 12). Note the words 'me' and 'my country'. He put the hurts of his past behind him and fully embraced the cause.

One author writes: 'He was ready to walk in unity. And a unity walk requires unity talk. You would be surprised at the impact unity talk will have on your attitude and relationships. You'll find yourself being less critical of others once you make such "team talk" a habit.' That doesn't mean you'll always see eye to eye on every issue. It just means the cause and the vision you share are greater and more important than your differences of thought and opinion. The Bible says, 'Make every effort [you've got to work at it] to keep yourselves united in the Spirit [not necessarily in opinion], binding yourselves together with peace' (Ephesians 4:3 NLT).

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Can we help you?



Pastoral Help and Support

The Wardens and Ben are available to help out where they can, so please do let them know if you or someone else needs support – spiritual, practical or otherwise - and they will try and make the necessary arrangements.

The contact details are:

Rev'd Ben King, Vicar 07437 522650
ben.king@stmarksforestgate.org.uk

Sharon Yates, Churchwarden 07909 279100
sharon.yates@stmarksforestgate.org.uk

Mike Richardson, Churchwarden 07824 859075
mike.richardson@stmarksforestgate.org.uk

Thank you.



Intercession: for those who are ill

We pray for those who are ill, particularly for those suffering from illnesses other than Covid, for those who are in pain while their surgery has been deferred, for those who are frightened and are not seeking help for their illnesses.



We also pray for those whose mental state has been affected but are not getting help with their illness.

Father we ask for your healing and your comfort, be with them in their troubles.

Amen.

Lord in your mercy,
Hear our prayer

Can we pray for you?

Please let us know if we can pray for you, using the email addresses or phone numbers on the previous page.



Our Parish Streets:

Week beginning

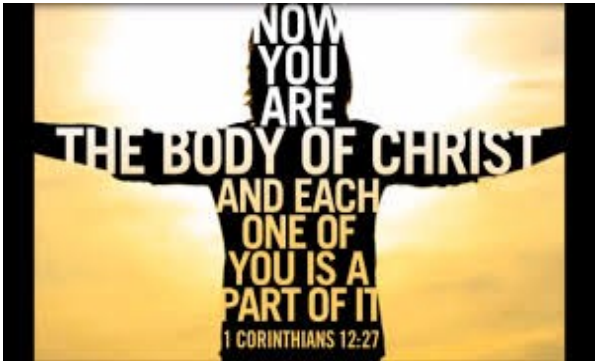
2nd May	Pray for all who live in Emily Duncan Place
9th May	Pray for all who live in Forest Side
16th May	Pray for all who live in Godwin Road
23rd May	Pray for all who live in Horace Road
30th May	Pray for all who live in Latimer Road

Services in May

Date	Service	Theme	Reading
2nd	Morning Worship	Jesus—The True Vine	John 15 vv 1 - 8
9th	Morning Worship	Stewardship Sunday	2 Corinthians 9 vv 6 - 11
13th	Ascension Day	Online only	
16th	Morning Worship	Homeward Bound - Ascension	Acts 1 vv 1 - 11
23rd	All Age	The outpouring of the Holy Spirit - Pentecost	Acts 2 vv 1– 21
30th	Holy Communion	God, Three in One - Trinity Sunday	John 3 vv 1 - 17

The service will be available every week on YouTube.

We will return to the church for Sunday morning worship at 10:30am; safe distancing measures are still in place and everyone will wear a face covering unless exempt. We are still unable to sing in the building, so will sing outside in the car-park instead.. Please check on the church's webpage or look out for notice emails for other changes.



Resources

Each Wednesday at 7.30 pm: Prayer Meeting via Zoom

We'll be continuing to gather to meet with our loving Heavenly Father and to lift our prayers and petitions to Him. These sessions are such sweet times of prayer and powerful intercession and no wonder - God is with us! We look forward to praying with you.

Zoom ID: 864 991 9885

Each Weekday Evening at 4.30 pm: Evening Prayer via Zoom

This 40-minute service following the Anglican Daily Office is a way of resourcing ourselves and of making sure that we stay close to Jesus and to one another. As part of our intercessions we'll be continuing to pray for each individual and family associated with St. Mark's.

Zoom ID: 864 991 9885

Daily Hope is a Church of England telephone service offering music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line. The line is available 24 hours a day on 0800 804 8044 and has been set up particularly with those unable to join online church services during the period of restrictions in mind.



Zoom Coffee Meet-Up: 11.00 am Every Tuesday

Do join us on Zoom for coffee and chat every Tuesday at 11.00 am for half an hour. We talk about anything and everything and always have many laughs. Everyone is invited, so if you're able to join us we'd love to see you.

Zoom ID: 905 952 9633

Care and Concern

Coffee Morning: Cystic Fibrosis Trust



The trust provides information and support to people living with Cystic Fibrosis. It also funds research and campaigns for better care, support and access to medicines.

As we are not able to hold the coffee morning, if you would like to donate to the Trust you can find further information on their website: www.cysticfibrosis.org.uk

Zoom coffee morning

If you would like to share a coffee morning and can access the internet, the church is holding an online coffee morning on Zoom at 11:00 am every Tuesday morning.
Zoom ID 905 952 9633



Asha Trust (Sri Lanka) <http://ashatrust.co.uk>

Asha Trust works in a neighbourhood on the outskirts of Colombo in Sri Lanka. This is a poor area and many people work on day wages and Covid has had a devastating effect on them. The charity is providing food on an ongoing basis so needs to keep raising sufficient funds. If you would like to help speak to Radhika Bynon or use the website address above.



Newham Churches Food Bank

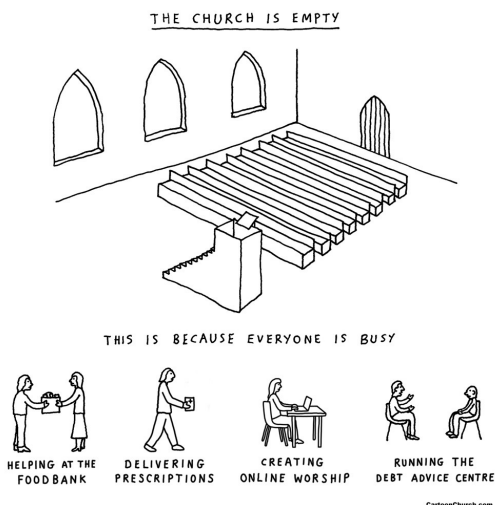
The Churches Food Bank is continuing to have heavy use. If you would like to contribute, please place any items in the bin outside the vicarage at 41a Tylney Road.

You will find updates of what is needed on the church WhatsApp group, but at the moment they are asking for the following:

Rice
Pasta
Lentils
Long life milk
Orange/blackcurrant squash
1lb bags of flour
Vegetable oil
Vegetarian meals (tinned is fine but not just macaroni cheese)

Granulated sugars
Jam
Biscuits
Sweet and Sour sauces
Soap powder blocks
Washing up liquid
Nappies (size 3,4, 5, and 6)

Thank you



Lessons of Lockdown

Be kind to each other

‘And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward.’ (Matthew 10 v 42)

During the Covid-19 pandemic, there have been thousands of shining examples up and down the country of people going the extra mile to help the elderly, vulnerable and those at risk. The helpers have been shopping, cooking meals, making regular telephone calls, and checking that needs are being met. We must sincerely hope that these acts of kindness will continue well beyond the coronavirus outbreak. Simple acts of kindness are so important in cementing the fabric of our society. Some years ago, this thought inspired the following poem:

A Brighter Tomorrow

There is much we can do just to brighten
This world of all take and no give,
There's a great deal that we can contribute
Through the everyday lives that we live.

By supporting one's elderly neighbours
Or through lending a hand in some way
It's by taking a bunch of spring flowers
To someone to brighten their day.

It's by sparing a few precious hours
In the service of those most in need
It's all about setting a standard
And trying to give others a lead

It's the way that we tend to treat others
And help and aid folks in distress
It's the care and assistance we offer
That will set us apart from the rest.

The choice that we face is quite simple
The rewards plain for all men to see
‘As you did all of this to my brother
Then’ said Christ, ‘you did it to Me.’

By Colin Hammacott



Through the current lockdown Traidcraft is continuing to supply a variety of fairly traded goods, even though many of their usual sales outlets in shops and churches are closed at present.

I have some of my usual Traidcraft food stock at home, and I can order any other Traidcraft items from the range in the Traidcraft catalogue or listed on the Traidcraft website. If you order via me I can get items delivered for free.

Buying fairly trade goods from organisations such as Traidcraft is more important than ever at present, and can help to make a real difference to people's lives, helping to lift them out of poverty by providing regular income and employment. If you would like to check what I have in stock, or to order any Traidcraft items, please either email me at traidcraft@stmarksforestgate.org.uk or phone me on 020-8519-5765. Peter Arnold



Have you done a strip for our motto banner?

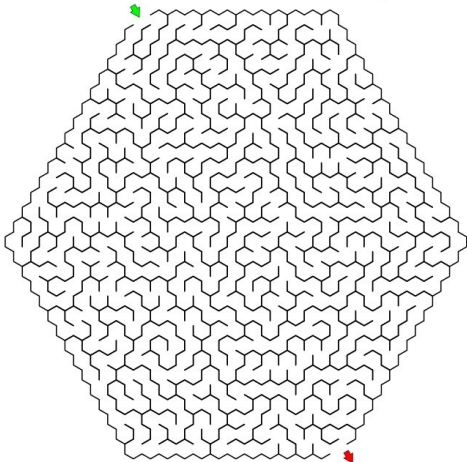
Our motto banner is growing, but we would like everyone in the church to feel that they could contribute to it. If you reflect on what the phrase 'Now we are the body of Christ and each one of us is a part of it' means to you and translate it into a design for a strip. You can make your own, or let the banner group know your design or idea so they can make it for you. It can just be figurative, decorative or you could write on it. Strips need to be 114 cm long and approximately 7cm wide and need to be made out of fabric. Let Ann Arnold have your strip if you have done one, if you want any help you can send a message via the church's WhatsApp group or contact Ann on 07767-735117.

PUZ?LES

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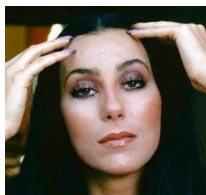
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These people in the world of entertainment were all born in May, who are they?

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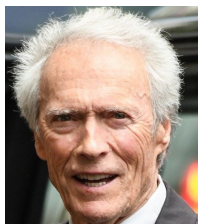
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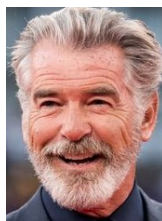
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9



Last month's Quiz tested your knowledge of the world

- | | |
|---|-------------------------|
| 1. Which country was once known as East Pakistan? | Bangladesh |
| 2. Which two cities are connected in the word Nylon? | New York and London |
| 3. Where does Paddington bear come from? | Peru |
| 4. Which three countries make up Indo-China? | Cambodia, Vietnam, Laos |
| 5. What Central American country gives its name to a hat? | Panama |
| 6. What two countries make up the southern most point of South America? | Chile, Argentina |
| 7. Where was Bob Marley born? | Jamaica |
| 8. In which city was the Sound of Music filmed? | Salzburg |
| 9. Which country invented gunpowder? | China |
| 10. At which pole do you find Polar Bears? | North |
| 11. In which country was the first successful heart transplant done? | South Africa |
| 12. Which continent did Captain Cook discover? | Australia |
| 13. Which is the second largest country in the world? | Canada |
| 14. Where did Napoleon die? | St Helena |
| 15. Where do cocoa beans come from originally? | Brazil |
| 16. What was Zimbabwe called in colonial days? | Rhodesia |
| 17. Which is the longest river in the world? | Nile |
| 18. Where was Dr Zhivago set? | Russia |
| 19. Which two countries make up the Iberian Peninsula? | Portugal, Spain |
| 20. Which country did the port of Calais belong to before France? | Britain |



If you would like any further information please contact Sharon on 07909 279100.

All youth events are cancelled until further notice.

Easter Egg Hunt

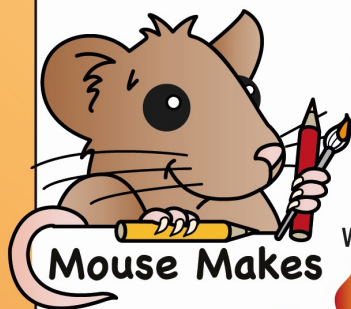
Thank you to all who displayed posters in their windows for the Easter Egg Hunt and special thanks to Rachel and Kathryn for organising it for us. It was great fun and lots of children and their families from the community took part. Well done to all who submitted forms and won lovely chocolate eggs to enjoy!

Pentecost

This month we celebrate Pentecost. This is when we remember how the Holy Spirit came to the friends of Jesus while they were in a house in Jerusalem. Just before Jesus went up into heaven he told his disciples that they should wait as he would send them a helper. The Holy Spirit was that helper and from that day on the friends of Jesus went out and about telling others about Jesus and many people believed what they told them and decided to follow Jesus too!

When the Holy Spirit came to those who were together He arrived as a rushing mighty wind and tongues of fire that rested on the believers' heads. The wind and fire are just two symbols of the Holy Spirit that we read of in the Bible, and this wind and fire were special as the wind blew inside the locked room and the fire appeared miraculously and did not burn the believers! The Holy Spirit is still with us today and helps us as followers of Jesus to do all He would have us do for Him.

This month as you enjoy being outside maybe you could take particular notice of the wind; feel it on your face and hands, watch how it blows the trees and clouds, and maybe if you have one, fly a kite and notice how strong the wind is as it pulls the kite high into the sky. As you do these things say thank you to God for the gift of His Holy Spirit - Our helper.



Re arrange the scrambled letters to find the missing words.

 The Holy Spirit
V S E I L
with us and in us.

The Holy Spirit
helps us to
W K N O
we belong to God.

The Holy Spirit
H C T S E E A
us about God. 

The Holy Spirit
K P E S S A
God's word to us.

The Holy Spirit
P H L S E
us to tell others
about Jesus.

The Holy Spirit
helps us when we
A Y P R



On the day of PENTECOST
the disciples were gathered
together in one place...

What sound did they hear?

Acts 2:2

 What did they see?  

Acts 2:3

What filled them?

Acts 2:4



How did they speak?

Acts 2:4



What did the crowd hear?

Acts 2:6



Which countries
had they come from?

Acts 2:9

What was
their reaction?

Acts 2:12-13




Who explained
what was
happening?
What did he say?

Acts 2:14-36

How many
people were
baptised
that day?

Acts 2:41



Change each letter to the
letter before it in the
alphabet and see what
the Holy Spirit
produces in us: 

KPZ
IVNJMJUZ
TFMG DPOUSPM
GBJUIGVMOFTT
LJOEOFTT
QBUJFODF
QFBDF
MPWF
HPPEOFTT

Galatians 5:22

What is the work of the
Holy Spirit? What does He do?
Fill in the missing letters.



TEAC _ ES
COMF _ RTS
REVEA _ S



IN _ OU
  

TRAN _ FORMS
HEL _ S



GU _ DES

GENEWS
CONV _ CTS
SANC _ IFIES

The Tale of the TWO BUILDERS



JESUS OFTEN TOLD
STORIES WITH
HIDDEN MEANINGS

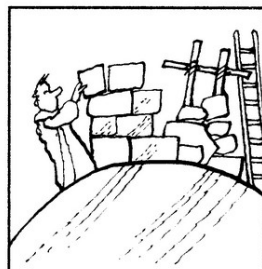


ONE WAS ABOUT TWO MEN WHO
BUILT THEIR OWN HOUSES



THE FIRST BUILDER SEARCHED HIGH
AND LOW FOR A GOOD SOLID ROCK ON
WHICH TO BUILD HIS HIS HOME.

AT LONG, LONG LAST HE
FOUND THE IDEAL SPOT.



SO HE BEGAN TO BUILD.



THE OTHER BUILDER
DIDN'T CARE WHERE HE
BUILT HIS HOUSE

HE THOUGHT SOME NICE FLAT SAND
WOULD BE AN EASY PLACE TO BUILD.



BUT ONE DAY THE
STORM CAME....

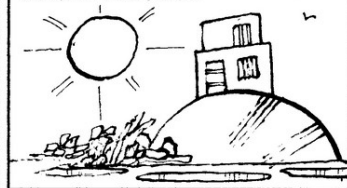


...AND THE WIND BLEW....AND
THE RAIN FELL....



...AND THE HOUSE ON
THE SAND COLLAPSED!

BUT THE HOUSE ON THE
ROCK STOOD FIRM.



JESUS EXPLAINED -
IT'S IMPORTANT OUR LIVES HAVE
A FIRM FOUNDATION.

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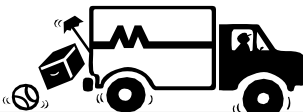
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Email Jan@mpark.co.uk



St. Mark's Weekday Activities

St. Mark's is not just a Sunday church - why not try some of the other activities?
All activities are cancelled until further notice



Monday	10:00 am	Banner Group
	7:30 pm	Guides
Tuesday	7:30 pm	Home Group: Cranmer Road
	10:00 am	Parent and Toddler Club
	7:00 pm	Youth Bible Study: school years 7 - 11
	8:00 pm	Tuesday Fellowship
Wednesday	8:00 pm	Music Group
	7:30 am	Prayer Meeting
	10:00 am	Parent and Toddler Club
	12:00 noon	Lunchtime Bible Study
Thursday	7:00 pm	Prayer Meeting
	8:00 pm	St Mark's Players Group
	8:00 pm	Home Group: Ridley Road
	8:00 pm	Home Group: Godwin Road
Friday	8:00pm	Home Group: Lorne Road
	10:00 am	Coffee Morning (monthly)
Sunday	10:30 am	Crèche 0 - 3 years
	10:30 am	Scramblers 3 - 5 years
	10:30 am	Sunday Club 5 - 11 years
	10:30 am	Youth Group 11 - 16 years

Weekday Home Groups

Want more information? Contact Rev'd Ben King

St Mark's Forest Gate



St. Mark's Forest Gate

**Church Centre: Lorne Road,
London E7 0LJ**

www.stmarksforestgate.org.uk

Vicar:

ben.king@stmarksforestgate.org.uk

020 8091 5652 | 07437 522650

Email:

info@stmarksforestgate.org.uk

Registered Charity Number

1132240



St. Mark's is a local Church of England Church. The Vicar will be pleased to help make arrangements for baptisms, weddings and other matters.

If this is the first time you have seen the magazine and you would like to receive it regularly, then phone or drop a note into the church and we will do the rest.



THE LORD bless you
and KEEP you, The
LORD make His face
shine upon you,
And be GRACIOUS TO
you, The LORD lift
up His COUNTENANCE
upon you, And GIVE
you PEACE.



www.stmarksforestgate.org.uk